

## Abstract of Disclosure

The present invention relates to an inner sole for a shoe, comprising a base body, a covering layer and several cushioned layers arranged on the surface of the sole. A first cushioned layer is provided in the ball area of the forefoot, a second cushioned layer is included in the transition area of the metatarsus and the tarsus and a third cushioned area is provided between the metatarsus and the heel. The cushioned layers are subdivided into individual, separate plateau-like fields which are located close to each other in the transversal direction of the sole surface. This provides an inner sole which brings about a substantial improvement in the transport of fluids in the venous and lymphatic vessel system in the legs during movement of the foot joints and ankle joints by means of synergistic support of the muscle structure.